

4-H Theatre Arts Lesson • Copycats

CREATE PHYSICAL CHARACTERS THROUGH MOVEMENT

Project Skills:

- Acting

Life Skills:

- Expressing yourself

Academic Standards:

- Theatre Education
B.4. Performance

Time: 20-25 minutes

Supplies:

- Space large enough for children to freely move around

Adapted from 4-HCCS Theatre Arts Project Series Act 2, Soaring into Action (BU-6871), pages 26-27.

WHAT TO DO

Energy and focus

1. Tell youth to pick a spot on the far wall and start walking toward it.
2. Have youth pick a new spot and walk toward that spot. Repeat this several times.
3. Give the youth instructions as they walk. Tell them to “Go slower,” “Go faster” or “Freeze.” Continue this for several minutes.
4. Tell youth to walk around the room at their own pace. Ask them to pay attention to the following:
 - How their body feels
 - How their feet feel as they hit the floor
 - Feel their weight shifts from foot to foot as they walk
 - How their arms swing
 - The position of their shoulders
 - The position and angle of the their head.

Play Copycats

1. Have youth exaggerate their walk by expressing a feeling, or walking like a clown or a cartoon character. Keep encouraging them to walk bigger and more exaggerated.
2. Call out a youth’s name and tell everyone to copy the way that person is walking. Call out several youth’s names. Sidecoach the group to move exactly as the leader is moving.

Copy a Character

1. Have youth think of a well-known character that has unique or unusual mannerisms.
2. Instruct them not to speak and not to belittle or make fun of anyone.
3. Youth should take turns presenting their character while the others try to guess who it is.

TALK IT OVER

Try to get each youth to express their feelings and experiences.

Reflect:

- How did you feel when you were exaggerating your walk?
- How did it feel to copy someone else? How did it feel to have others copy you?

Apply:

- How do you use your body to express that you are bored? Excited? Annoyed? Angry?
- How can you tell how others are feeling and thinking by observing their postures and gestures?
- What might others say about you by the way you stand, sit or walk? Are they right?
- People sometimes use their body language to hide their true feelings. Think of a time when this might be helpful; when this might be harmful.

